

What is claimed is:

1. A method of dispensing at least one solid dosage form comprising the steps of:
 - opening a resealable container and lid assembly, wherein the container comprises a reservoir for storing solid dosage forms and an opening for dispensing individual solid dosage form; the opening further comprises an elastomeric seal that is at least partially located circumferentially around the opening; the lid comprises a plug that is integrally attached to an inner portion of the lid and the lid consists of a hinge attached to the container that functions to rotate the lid at one pivot point;
 - dispensing at least one solid dosage form from the reservoir of the container and through the opening;
 - applying a sufficient pressure upon an outer portion of the lid so that the plug engages the elastomeric seal of the opening;
 - maintaining the sufficient pressure by a securing mechanism located on both the container and the lid to form a substantially moisture-tight seal between the plug and the elastomeric seal of the opening;
 - opening the resealable container and lid assembly by removing the sufficient pressure;
 - dispensing at least one solid dosage form the reservoir of the container and through the opening;
 - again applying a sufficient pressure upon an outer portion of the lid so that the plug engages the elastomeric seal of the opening; and
 - maintaining the sufficient pressure by a securing mechanism located on both the container and the lid to form a substantially moisture-tight seal between the plug and the elastomeric seal of the opening.
2. The method of claim 1 wherein, when the plug engages the elastomeric seal, a top portion of the plug contacts the a top portion of the elastomeric seal.
3. The method of claim 1 wherein, when the plug engages the elastomeric seal, at least a portion of the plug passes through the opening such that an outer side portion of the plug contacts at least partially a portion of the elastomeric seal.

4. The method of claim 1 wherein the opening further comprises a foil that at least covers the opening and, when sufficient pressure is applied upon an outer portion of the lid, the plug engages the foil of the opening to form a foil seal.
5. The method of claim 1 wherein a moisture-tight seal is formed.
6. The resealable method of claim 1 wherein the plug and the container are composed of similar material.
7. The resealable method of claim 1 wherein the plug and the container are composed of different material.
8. The resealable method of claim 1 wherein the lid is integral with the container and comprises a living hinge with the container.
9. The resealable method of claim 1 wherein the sealing mechanism comprises a plug having two distinct movements to release in order to create a child resistant package.
10. The resealable method of claim 1 wherein the solid dosage forms are diagnostic test strips.
11. The resealable method a dispenser of claim 1 wherein the solid dosage forms are selected from the group consisting of Gel Cap dosages, coated tablets, edible films, lozenges, effervescent tablets, compressed tablets, fast melt tablets, liquid filled beads, capsules, and pouches.
12. The resealable method of claim 1 wherein the securing mechanism comprises a projection on the inner portion of the lid and a corresponding slot on the container.
13. The resealable method of claim 1 wherein the lid of the dispenser catches and holds the solid dosage form.